

Walk Like a Fish, Talk Like a Fish

Objective – Participants get to act out different types of fish learning about the diversity of North Carolina and how they have adapted and survive in their different environments.

Directions

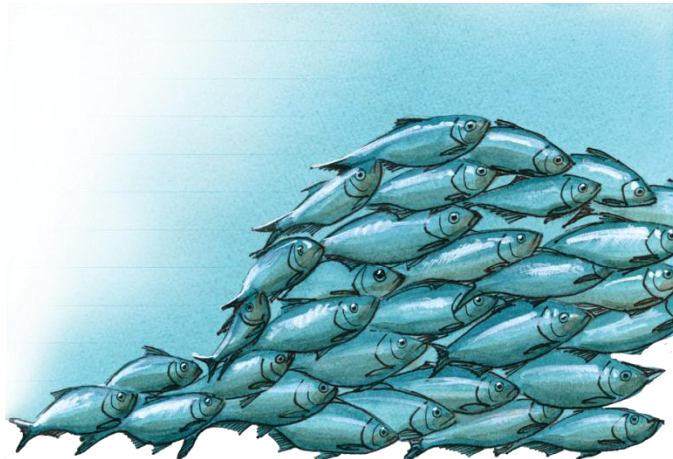
Using mounts, plush fish (cabin critters on Amazon or direct), or print these laminated pics small or large. Have each participant act out the motions or sound of the different fish in NC. Add or subtract species as needed.

Applications

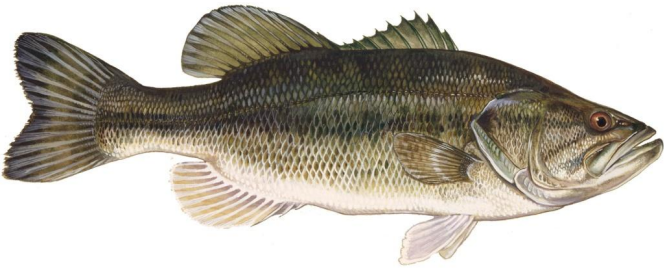
- Nature hike: learn about one fish, then use the motion to hike down the trail to the next fish or vice versa. Add in obstacles or migration hindrances.
- Relay race for festivals: have kids run to a cone/marker and back as different types of fish. Can be a group relay, or as individuals making “timed” runs. Careful with the flounder!
- Group yoga: participants gather in an open area/classroom and float around acting out the different types of fish.

Bonus fish challenge

Shad/herring – move as a school each person in formation elbow width apart. Make a “swishing” sound each time the school turns. Once they get good the park ranger can become a shark and strafe the school!



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Largemouth Bass – Reach both hands out in front of you and clap them together repeatedly. Bass sometimes prey on each other so watch out!



Catfish – Hold both hands below your chin and wiggle your fingers like they are whiskers. Squat down low since catfish are bottom feeders!



Sunfish – Walk with your head pointing up and making popping sounds with your mouth, like you were feeding on the surface of the water like a sunfish!



Flounder – Carefully and slowly walk backwards with your eyes pointing straight up to the sky, just like a flounder bopping along the bottom of the ocean with both eyes looking up!

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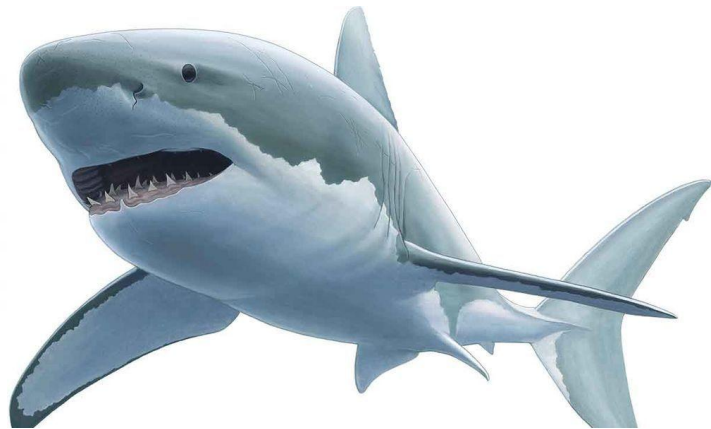
Brook Trout – shiver and rub your arms as if you were COLD, since our state freshwater fish lives only in COLD mountain streams!



Striped Bass – Lean forward and point both hands behind you as if they were racing stripes! Then swim as fast as you can, just like a striped bass going upriver!



Red Drum – To be our state saltwater fish, lean forward and use your fist to make a “spot” near your tail, then make drumming sounds like a “thump, thump, thump.”



Great White Shark – Hold both hands in front one palm up and one palm facing down. Open and stretch your fingers and bring them towards each other in an alligator style jaw crunch!















